

Calculating Max HR

220- Age = _____

50% TTHR = RHR + 0.50 { MHR - RHR } = bpm

70% TTHR = RHR + 0.70 { MHR - RHR } = bpm

85% TTHR = RHR + 0.85 { MHR - RHR } = bpm

Nov 2-7:30 AM

Calculating Max HR

220- Age = 203

50% TTHR = RHR + 0.50 { MHR - RHR } = bpm

70% TTHR = RHR + 0.70 { MHR - RHR } = bpm

85% TTHR = RHR + 0.85 { MHR - RHR } = bpm

184 bpm

Nov 2-7:30 AM

Train at 50-85%

Between Push Ups and 60 sec Run for Aerobic Training

Oct 31-12:42 PM

Oct 31-7:55 AM